

----ABSTRACT OF THE DISCLOSURE

A sole for walking has a ground contacting face referred to as the bottom part, and a top part being opposite the bottom part. The sole has the bottom part with a number of recesses. The recesses are closed off by the top part and are for trapping a portion of a material on which a person moves. Each recess is provided with at least one decompression channel producing a free junction between an interior of each recess and an external perimeter of the sole.---